GE0113MB1

Microwave Oven

Owner's instructions & Cooking guide

imagine the possibilities

Thank you for purchasing this Samsung product.

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

Planet First **100 % Recycled Paper**

This manual is made with 100 % recycled paper.

SAMSUNG

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safety information

USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contains valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

LEGEND FOR SYMBOLS AND ICONS

WARNING — Hazards or unsafe practices that may result in **severe personal injury or death**.

CAUTION — Hazards or unsafe practices that may result in **minor personal injury or property damage**.

Warning; Fire hazard	Warning; Hot surface
Warning; Electricity	Warning; Explosive material
Do NOT attempt.	Do NOT touch.
Do NOT disassemble.	Follow directions explicitly.
Unplug the power plug from the wall socket.	Make sure the machine is grounded to prevent electric shock.
Call the service center for help.	Note
Important	

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Make sure that these safety precautions are obeyed at all times.

Before using the oven, confirm that the following instructions are followed.

⚠ WARNING (Microwave function only)	
	WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
	WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
	This appliance is intended to be used in household only.

★	**WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
★	**WARNING:** This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
★	Only use utensils that are suitable for use in microwave ovens.
★	When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

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★	The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
⇄	If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
★	**WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
★	**WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
⃠	Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
★	The oven should be cleaned regularly and any food deposits removed.

☕	Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
⃠	The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.
★	This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
★	Children should be supervised to ensure that they do not play with the appliance.
✆	If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
⃠	**WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode;

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	The appliance should not be cleaned with a water jet.
	This oven should be positioned proper direction and height permitting easy access to cavity and control area.
	Before using the your oven first time, oven should be operated with the water during 10 minute and then used.
	If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.
	The microwave oven has to be positioned so that plug is accessible.
	The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

⚠ WARNING (Oven function only) - Optional	
	WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

	During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
	WARNING: Accessible parts may become hot during use. Young children should be kept away.
	A steam cleaner is not to be used.
	WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
	WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.
	The temperature of accessible surfaces may be high when the appliance is operating.
	The door or the outer surface may get hot when the appliance is operating.
	Keep the appliance and its cord out of reach of children less than 8 years.

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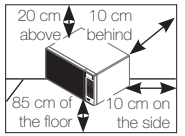
★	This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
⊘	Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
⊘	Appliances are not intended to be operated by means of an external timer or separate remote-control system.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.



1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.

2. Remove all packing materials inside the oven.

3. Install the roller ring and turntable. Check that the turntable rotates freely. (Turntable type model only)

4. This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
For your personal safety, plug the cable into a proper AC earthed socket.

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- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings (Turntable type model only)

- **ALWAYS** ensure that the door seals are clean and the door closes properly.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

- **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:
  - Accumulate
  - Prevent the door from closing correctly
- **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

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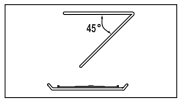
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it. (Swing heater model only)



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

- **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:
  - Unplug it from the wall socket
  - Contact the nearest after-sales service centre

- If you wish to store your oven away temporarily, choose a dry, dustfree place. **Reason :** Dust and damp may adversely affect the working parts in the oven.
- This microwave oven is not intended for commercial use.
- The Light bulb should not be replaced in person for safety reasons.
  Please contact nearest authorised Samsung customer care centre to arrange for a qualified engineer to replace the bulb.

⚠ WARNING					
	Only qualified staff should be allowed to modify or repair the appliance.	✓	✓	✓	✓
	Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
	For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
	Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
	This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
	Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓

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	Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
	In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
	Do not touch the power plug with wet hands.	✓	✓	✓	✓
	Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
	Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
	Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
	Do not place the oven over a fragile object such as a sink or glass object.	✓	✓		
	Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
	Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
	Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
	Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
	Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓

	Do not pour or directly spray water onto the oven.	✓	✓		
	Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
	Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
	Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
	Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
	WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
	Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.				✓
	Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.	✓			✓

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CAUTION					
★	Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
⃠	Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
★	Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
⃠	Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
⃠	Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
⃠	Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
⃠	Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
★	Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
★	Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
⃠	Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
★	Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
★	Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.(MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) door (bent)

(2) door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

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Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

quick look-up guide

If you want to cook some food.

+30s	**1.** Place the food in the oven. Press the **+30s** button.
START	**2.** Press the **START** button. **Result:** When cooking has finished, the oven will display "End" and beep 4 times. The current time is displayed again. The oven will then beep one time per minute.

If you want to add an extra 30 seconds.

+30s	Press the **+30s** button one or more times for each extra 30 seconds that you wish to add.

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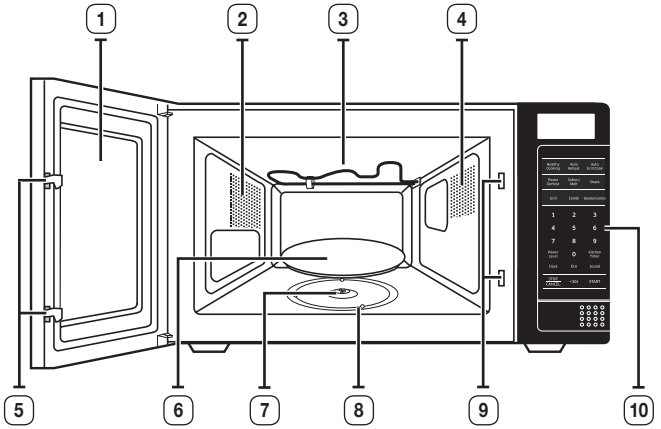
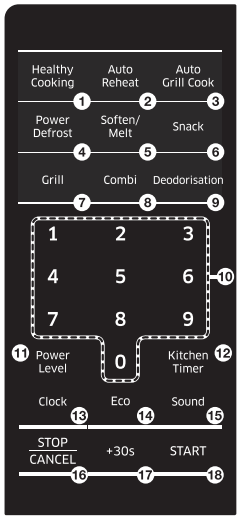
oven features

OVEN



1. DOOR
2. VENTILATION HOLES
3. GRILL
4. LIGHT
5. DOOR LATCHES
6. TURNTABLE
7. COUPLER
8. ROLLER RING
9. SAFETY INTERLOCK HOLES
10. CONTROL PANEL

CONTROL PANEL



1. HEALTHY COOKING BUTTON
2. AUTO REHEAT BUTTON
3. AUTO GRILL COOK BUTTON
4. POWER DEFROST BUTTON
5. SOFTEN/MELT BUTTON
6. SNACK BUTTON
7. GRILL BUTTON
8. COMBI BUTTON
9. DEODORISATION BUTTON
10. NUMBER BUTTON
11. POWER LEVEL BUTTON
12. KITCHEN TIMER BUTTON
13. CLOCK BUTTON
14. ECO BUTTON
15. SOUND BUTTON
16. STOP/CANCEL BUTTON
17. +30s BUTTON
18. START BUTTON

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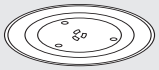
ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

	1. Roller ring, to be placed in the centre of the oven. **Purpose:** The roller ring supports the turntable.
	**2. Turntable**, to be placed on the roller ring with the centre fitting on to the coupler. **Purpose:** The turntable serves as the main cooking surface; it can be easily removed for cleaning.
	3. High rack, to be placed on the turntable. **Purpose:** The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal rack can be used in grill and combination cooking.**

DO NOT operate the microwave oven without the roller ring and turntable.

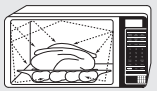
HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking principle.



1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre.
- The same temperature throughout the food.

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CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times.
Open the oven door by pushing the push button on the bottom side of the control panel. Place a glass of water on the turntable. Then, close the door.

1 2 3 4 5 6 7 8 9 0	**1.** Press the **Number** button to enter operating time. (4 to 5 minutes)
START	**2.** Press the **START** button. **Result:** The oven light comes on and the turntable starts rotating. 1) Cooking starts and when it has finished the oven beeps 4 times. 2) The end reminder signal will beep 1 times (once every minute). 3) The current time is displayed again.

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum is used, the water takes longer to boil.

SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, “12:00” is automatically displayed on the display.
Please set the current time.

- When you first install your microwave oven
- After a power failure

Do not forget to reset the clock when you switch to and from summer and winter time.

Clock	**1.** Press the **Clock** button.
5 0 0	**2.** Use the **Number** buttons to enter the current time. You must press at least three numbers to set the clock. If the current time is 5:00 enter **5**, **0**, **0**.
START	**3.** Press **START** button.

If there is a power interruption, you will need to reset the clock. You can check the current time while cooking is in progress by pressing the **Clock** button.

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SETTING COOKING TIMES & POWER LEVELS

Power Level	Your microwave allows you to set up to two different stages of cooking, each with its own time length and power level. The **Power Level** button lets you control the heating intensity from Warm (1) to High (10).

ONE-STAGE COOKING

For simple one-stage cooking, you only need to set a cooking time. The power level is automatically set to High. If you want to set the power to any other level, you must set it using the **Power Level** button.

Some recipes require different stages of cooking at different temperatures. You can set multiple stages of cooking with your microwave.

2 0 0 0	**1.** Use the **Number** buttons to set a cooking time. You can set a time from one second to 99 minutes, 99 seconds. To set a time over one minute, enter the seconds too. **For example, to set 20 minutes, enter 2, 0, 0, 0.**
Power Level 1 2 3 4 5 6 7 8 9 0	**2.** If you want to set the power level to something other than High, press the **Power Level** button, then use the **Number** buttons to enter a power level. **Power Levels** 0 = PL:0 — 0 % (No power) 1 = PL:10 — 10 % (Warm) 2 = PL:20 — 20 % (Defrost) 3 = PL:30 — 30 % (Low) 4 = PL:40 — 40 % (Medium low) 5 = PL:50 — 50 % (Medium) 6 = PL:60 — 60 % (Simmer) 7 = PL:70 — 70 % (Medium high) 8 = PL:80 — 80 % (Reheat) 9 = PL:90 — 90 % (Sauté) 10 = PL:Hi — 100 % (High)
START / STOP CANCEL	**3.** Press the **START** button to begin cooking. If you want to change the power level, press **STOP/CANCEL** before you press **START**, and re-enter all of the instructions.

MULTI-STAGE COOKING

Power Level	**1.** If you want to set the Microwave Multi-Stage, Use the **Number** buttons to set a second cooking time after follow steps 1 and 2 in the "One-Stage Cooking" section on this page. And Press the **Power Level** button, then use the **Number** buttons to enter a power level.
Grill	**2.** If you want to set the Grill Multi-Stage, Press the **Grill** button, after follow steps 1 and 2 in the "One-Stage Cooking" section on this page. And Use the **Number** buttons to set a second cooking time.
START	**3.** Press **START** button to begin cooking.

When entering more than one cooking stage, the **Power Level** button must be pressed before the second cooking stage can be entered.

You can check the Power Level while cooking is in progress by pressing the **Power Level** button.

USING THE +30S BUTTON

You can increase the cooking time by pressing the **+30s** button once for each 30 seconds to be added.

+30s	**1.** Press the **+30s** button once for each 30 seconds to be added.
START	**2.** Press the **START** button.

Add 30 seconds to a program in progress by pressing the **+30s** button for each 30 seconds you want to add.

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STOPPING THE COOKING

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Temporarily : Open the door or Press the **STOP/ CANCEL** button once. **Result:** Cooking stops. To resume cooking, close the door again and press the **START** button.
Completely	Completely : Press the **STOP/CANCEL** button once. **Result:** Cooking stops. If you wish to cancel the cooking settings, press the **STOP/CANCEL** button again.

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode.

Eco	• Press the **Eco** button. **Result:** Display off. • To remove energy save mode, open the door or press the **Eco** button and then display shows current time. The oven is ready for use.

Auto energy saving function
If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes.
Oven Lamp will be turned off after 5 minutes with door open condition.

USING THE HEALTHY COOKING FEATURES

The **Healthy Cooking** features has 9 pre-programmed cooking times. You do not need to set either the cooking times or the power level.

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

Healthy Cooking	**1.** Select the type of food that you are cooking by pressing the **Healthy Cooking** button one or more times. (Refer to the Healthy Cooking Table).
START	**2.** Press the **START** button. **Result:** Cooking starts. When it has finished. 1) The oven beeps 4 times. 2) The end reminder signal will beep 1 times (once every minute). 3) The current time is displayed again.

Use oven gloves when taking out food.

Code/Food	Serving Size	Instructions
1 Broccoli Florets	1 Serving (250 g)	Rinse and clean fresh broccoli and prepare florets. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking. Stand for 1-2 minutes.
2 Carrots	1 Serving (250 g)	Rinse and clean carrots and prepare even slices. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking. Stand for 1-2 minutes.
3 Green Beans	1 Serving (250 g)	Rinse and clean green beans. Put them evenly into a glass bowl with lid. Add 30 ml (1 tablespoon) water when cooking 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking. Stand for 1-2 minutes.

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Code/Food	Serving Size	Instructions
4 Peeled Potatoes	1 Serving (250 g)	Wash and peel the potatoes and cut into a similar size. Put them into a glass bowl with lid. Add 45-60 ml (3-4 tablespoons) water. Put bowl in the centre of turntable. Cook covered. Stand for 2-3 minutes.
5 Brown Rice	1 Serving (250 g)	Use a large glass ovenware dish with lid. Add double quantity of cold water (500 ml). Cook covered. Stir before standing time and add salt and herbs. Stand for 5-10 minutes.
6 Chicken Breasts	1 Serving (300 g)	Rinse pieces and put on a ceramic plate. Cover with microwave cling film. Pierce film. Put dish on turntable. Stand for 2 minutes.
7 Fresh Fish Fillets	1 Serving (300 g)	Rinse fish and put on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable. Stand for 1-2 minutes.
8 Fresh Salmon Fillets	1 Serving (300 g)	Rinse fish and put on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable. Stand for 1-2 minutes.
9 Fresh Prawns	1 Serving (250 g)	Rinse prawns on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable. Stand for 1-2 minutes.

USING THE AUTO REHEAT FEATURES

The **Auto Reheat** features has 3 pre-programmed cooking times. You do not need to set either the cooking times or the power level.

Open the door. Place the food in the centre of the turntable. Close the door.

Auto Reheat	**1.** Select the type of food that you are cooking by pressing the **Auto Reheat** button one or more times. (Refer to the Auto Reheat table).
1 2 3 4 5 6 7 8 9 0	**2.** Press the **Number 1** or **2**, **3**, **4** button to select the serving size you want. (Refer to the Auto Reheat Table).
START	**3.** Press the **START** button. **Result:** Cooking starts. When it has finished. 1) The oven beeps 4 times. 2) The end reminder signal will beep 1 times (once every minute). 3) The current time is displayed again.

The following table presents the **Auto Reheat** programmes, quantities and appropriate instructions. Those programmes are running with microwave energy only.

Code/Food	Serving Size	Instructions
1 Plate of Food	1 Serving (400 g)	Use only precooked, refrigerated foods. Cover the plate with vented plastic wrap or waxed paper tucked under the plate. Contents : 3-4 oz. meat, poultry or fish (up to 6 oz. with bone)½ cup starch (potatoes, pasta, rice, etc.)½ cup vegetables (about 3-4 oz.).
2 Stew	1 Serving (220 g) 2 Servings (440 g) 3 Servings (660 g) 4 Servings (880 g)	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally During reheating and again before standing and serving. Stand for 2-3 minutes.

(continued)

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Code/Food	Serving Size	Instructions
3 Soups and Sauces	1 Serving (170 g) 2 Servings (340 g) 3 Servings (510 g) 4 Servings (680 g)	Pour into a deep ceramic soup plate or bowl and cover during heating and standing. Stir carefully before and after standing time. Stand for 2-3 minutes.

USING THE AUTO GRILL COOK FEATURES

The **Auto Grill Cook** features has 8 pre-programmed cooking times. You do not need to set either the cooking times or the power level.

Open the door. Place the food in the centre of the turntable. Close the door.

Auto Grill Cook	**1.** Select the type of food that you are cooking by pressing the **Auto Grill Cook** button one or more times. (Refer to the Auto Grill Cook Table).
START	**2.** Press the **START** button. **Result:** Cooking starts. When it has finished. 1) The oven beeps 4 times. 2) The end reminder signal will beep 1 times (once every minute). 3) The current time is displayed again.

The following table presents the **Auto Grill Cook** programmes, quantities and appropriate instructions. Those programmes are running with microwave energy only.

Code/Food	Serving Size	Instructions
1 Roast Chicken	1 Serving (1200 g)	Brush chicken with oil and spices. Put chicken in the pyrex dish and breast side down first. Turnover, as soon as the beep sounds. When turnover, breast side up. Stand for 5 minutes after grilling.
2 Chicken Pieces	1 Serving (500 g)	Brush chicken pieces with oil and spices. Put them in a circle with the bones to the middle. Put one chicken piece not into the centre of the rack. Stand for 2-3 minutes.
3 Frozen Pasta	1 Serving (400 g)	Put frozen pasta into a small flat rectangular glass pyrex dish. Put the dish directly on the turntable. After cooking stand for 2-3 minutes.
4 Frozen Pizza	1 Serving (300 g)	Put the frozen pizza on the High rack. Put it on the turntable. After cooking stand for 1-2 minutes.
5 Vegetable Gratin	1 Serving (500 g)	Put frozen gratin into a small glass pyrex dish. Put the dish on the rack. After cooking stand for 2-3 minutes.
6 Grilled Tomatoes	1 Serving (400 g)	Rinse and clean tomatoes, cut them into halves and put in an ovenware dish. Add grated cheese on top. Put dish on rack. Stand for 1-2 minutes.
7 Roast Fish	1 Serving (400 g)	Brush skin of whole fish (trout or gilthead) with oil and add herbs and spices. Put fish side by side, head to tail on the high rack. Turnover, as soon as the beep sounds. Stand for 3 minutes.
8 Grilled Salmon Steaks	1 Serving (300 g)	Put fish steaks evenly on the high rack. Turnover, as soon as the beep sounds. Stand for 2 minutes.

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USING THE POWER DEFROST FEATURES

The **Power Defrost** features enable you to defrost meat, poultry, fish, bread and cake. The defrost time and power level are set automatically. You simply select the programme and the weight.

Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

Power Defrost	**1.** Select the type of food that you are cooking by pressing the **Power Defrost** button one or more times. (Refer to the Power Defrost table).
1 2 3 4 5 6 7 8 9 0	**2.** Select the weight by pressing the **Number** button as required. (Refer to the Power Defrost table). Meat, Poultry and Fish : 0.1 kg ~1.5 kg (Can be selected each 0.1 kg, Step 15) Bread/Cake : Can be selected 0.1 kg ~1.0 kg (Can be selected each 0.1 kg, Step 10)
START	**3.** Press the **START** button. **Result:** • Defrosting begins. • The oven beeps through defrosting to remind you to turn the food over.

The following table presents the various **Power Defrost** programmes, quantities and appropriate instructions.
Remove all kind of package material before defrosting. Place meat, poultry, fish and bread/cake on a flat glass dish or ceramic plate.

Code/Food	Serving Size	Instructions
1 Meat	0.1-1.5 kg	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat. Stand for 20-60 minutes.
2 Poultry	0.1-1.5 kg	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions. Stand for 20-60 minutes.
3 Fish	0.1-1.5 kg	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets. Stand for 20-50 minutes.
4 Bread/Cake	0.1-1.0 kg	Put bread on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping. Stand for 5-20 minutes.

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USING THE SOFTEN/MELT FEATURES

The **Soften/Melt** features has 4 pre-programmed cooking times. You do not need to set either the cooking times or the power level.

First, place the food in the centre of the turntable and close the door.

Soften/ Melt	**1.** Select the type of food that you are cooking by pressing the **Soften/Melt** button one or more times. (Refer to the Soften/ Melt table).
1 2 3 4 5 6 7 8 9 0	**2.** Press the **Number 1** or **2** button to select the serving size you want. (Refer to the Soften/Melt Table).
START	**3.** Press the **START** button. **Result:** Cooking starts. When it has finished. 1) The oven beeps 4 times. 2) The end reminder signal will beep 1 times (once every minute). 3) The current time is displayed again.

Use only recipients that are microwave-safe.

The following table presents the **Soften/Melt** programmes, quantities and appropriate instructions. Those programmes are running with microwave energy only.

Code/Food	Serving Size	Instructions
1 Melt Butter	1 Serving (50 g) 2 Servings (100 g)	Cut butter into 3 or 4 pieces and Put them on small glass bowl. Melt uncovered. Stir after cooking. Stand for 1-2 minutes.
2 Melt Dark Chocolate	1 Serving (50 g) 2 Servings (100 g)	Grate dark chocolate and put in small glass bowl. Melt uncovered. Stir after melting. Stand for 1-2 minutes.
3 Melt Sugar	1 Serving (25 g) 2 Servings (50 g)	Put sugar on small glass bowl. Add 10 ml water for 25 g and add 20 ml water for 50 g. Melt uncovered. Take out carefully, use oven gloves! Use spoon or fork and pour caramel decorations on baking paper. Let stand for 10 minutes until dry and remove from paper.
4 Soften Butter	1 Serving (50 g) 2 Servings (100 g)	Cut butter into 3 or 4 pieces and Put them in small glass bowl. Soften uncovered. Stand for 1-2 minutes.

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USING THE SNACK FEATURES

The **Snack** features has 6 pre-programmed cooking times. You do not need to set either the cooking times or the power level.

First, place the food in the centre of the turntable and close the door.

Snack	**1.** Select the type of food that you are cooking by pressing the **Snack** button one or more times. (Refer to the Snack table).
1 2 3 4 5 6 7 8 9 0	**2.** Press the **Number 1** or **2**, **3** button to select the serving size you want. (Refer to the Snack Table).
START	**3.** Press the **START** button. **Result:** Cooking starts. When it has finished. 1) The oven beeps 4 times. 2) The end reminder signal will beep 1 times (once every minute). 3) The current time is displayed again.

The following table presents the **Snack** auto reheat programmes, quantities and appropriate instructions. Those programmes are running with microwave energy only.

Code/Food	Serving Size	Instructions
1 Bacon	1 Serving (2 Slices) 2 Servings (4 Slices) 3 Servings (6 Slices)	Select fresh bacon rashers from your butcher, deli or supermarket. Place on the absorbent paper towel on microwave safe plate or Pyrex dish and cover with another piece of paper towel and cook. Serve.
2 Frozen Chicken Wings	1 Serving (6-7 oz) 2 Servings (8-9 oz)	Place a paper towel on a plate and arrange the wings in a spoke-like fashion on the paper towel. Do not cover. Stand for 1-2 minutes.
3 Frozen Chicken Nuggets	1 Serving (4-5 oz) 2 Servings (6-7 oz)	Place a paper towel on a plate and arrange the nuggets in a spoke-like fashion on the paper towel. Do not cover. Stand for 1-2 minutes.
4 French Fries	1 Serving (4-5 oz) 2 Servings (6-7 oz)	Place two paper towels on a microwave-safe plate and arrange the French fries on the towels without letting them overlap. Blot the fries with additional paper towels after removing from the oven. Stand for 1-2 minutes.
5 Cheese Sticks	1 Serving (5-6 pcs) 2 Servings (7-10 pcs)	Place the cheese sticks on a plate in a spoke-like fashion. Do not cover Stand for 1-2 minutes.
6 Nacho	1 Serving	Place the nachos on a plate without letting them overlap. Sprinkle cheese evenly over them. **Contents:** 2 cups tortilla chips ⅓ cup grated cheese

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GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

	1. Open the door and put the food on the rack and then close the door.
Grill	**2.** Press the **Grill** button. **Result:** The following indications are displayed: (grill mode) • You cannot set the temperature of the grill.
1 2 3 4 5 6 7 8 9 0	**3.** Set the cooking time by pressing the **Number** button. • The maximum grilling time is 60 minutes.
START	**4.** Press the **START** button. **Result:** Grilling starts. • When cooking has finished, the oven will display “End” and beeps four times. The oven will then beep one time per minute.

COMBINING MICROWAVES AND GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

You can improve cooking and grilling, if you use the high rack.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

Combi	**1.** Press the **Combi** button. **Result:** The following indications are displayed: (microwave & grill combi mode)
1 2 3 4 5 6 7 8 9 0	**2.** Set the cooking time by pressing the **Number** button. • The maximum cooking time is 60 minutes.
START	**3.** Press the **START** button. **Result:** • Combination cooking starts. • When cooking has finished, the oven will display “End” and beeps four times. The oven will then beep one time per minute.

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USING THE KITCHEN TIMER FEATURES

You can use timer function with **Kitchen Timer** button.

Kitchen Timer	**1.** Press the **Kitchen Timer** button.
1 2 3 4 5 6 7 8 9 0	**2.** Set the Kitchen time by pressing the **Number** button.
START	**3.** Press the **START** button to begin Kitchen Timer Function. **Result:** The display counts down and beeps when the time has elapsed.

The Microwave does not turn on when the kitchen timer is used.

USING THE CHILD LOCK FEATURES

Your microwave oven is fitted with a special **Child Lock** programme, which enables the oven to be "locked" so that children or anyone unfamiliar with it cannot operate it accidentally.

STOP CANCEL	**1.** Press the **STOP/CANCEL** button for 3 seconds. **Result:** • The oven is locked (no functions can be selected). • The display shows "Loc" after you press any button.
STOP CANCEL	**2.** To unlock the oven, press the **STOP/CANCEL** button again for 3 seconds. **Result:** The oven can be used normally.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

Sound	**1.** Press the **Sound** button.
1 2 3 4 5 6 7 8 9 0	**2.** Press the **Number 1** or **2** button. 1: Volume On and The display shows "ON". 2: Volume Off and The display shows "OFF".
START	**3.** Press **START** button. The display returns to the time of day. **Result:** • When Beep on : The oven operates with the beeper on. • When Beep off : The oven does not beep each time you press a button.

USING THE DEODORISATION FEATURES

Use this features after cooking odorous food or when there is a lot of smoke in the oven interior.
First clean the oven interior.

Deodorisation	To operate deodorasation function. Press "**Deodorisation**" button and then press "**START**" button. When it has finished, the oven beeps four times.

The deodorisation time has been specified as 5 minutes. It increases by 30 seconds whenever the **+30s** button is pressed.

The maximum deodorisation time is 15 minutes.

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cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.
Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ : Recommended **✓✗ : Use caution** **✗ : Unsafe**

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MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Serving Size	Power	Time (min.)
Spinach	150 g	60 %	5-6
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Broccoli	300 g	60 %	8-9
	Instructions Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes.		
Peas	300 g	60 %	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Green Beans	300 g	60 %	7½-8½
	Instructions Add 30 ml (2 tbsp) cold water. Stand for 2-3 minutes.		
Mixed Vegetables (Carrots/Peas/ Corn)	300 g	60 %	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		
Mixed Vegetables (Chinese Style)	300 g	60 %	7½-8½
	Instructions Add 15 ml (1 tbsp) cold water. Stand for 2-3 minutes.		

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Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking.
Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

Food	Serving Size	Power	Time (min.)
Broccoli	250 g 500 g	100 %	4-5 7-8
	Instructions Prepare even sized florets. Arrange the stems to the centre. Stand for 3 minutes.		
Brussels Sprouts	250 g	100 %	6-6½
	Instructions Add 60-75 ml (4-5 tbsp) water. Stand for 3 minutes.		
Carrots	250 g	100 %	4½-5
	Instructions Cut carrots into even sized slices. Stand for 3 minutes.		
Cauliflower	250 g 500 g	100 %	5-5½ 7½-8½
	Instructions Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Stand for 3 minutes.		
Courgettes	250 g	100 %	4-4½
	Instructions Cut courgettes into slices. Add 30 ml (2 tbsp) water or a knob of butter. Cook until just tender. Stand for 3 minutes.		
Egg Plants	250 g	100 %	3½-4
	Instructions Cut egg plants into small slices and sprinkle with 1 tbsp lemon juice. Stand for 3 minutes.		
Leeks	250 g	100 %	4-4½
	Instructions Cut leeks into thick slices. Stand for 3 minutes.		
Mushrooms	125 g 250 g	100 %	1½-2 2½-3
	Instructions Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving. Stand for 3 minutes.		
Onions	250 g	100 %	5-5½
	Instructions Cut onions into slices or halves. Add only 15 ml (1 tbsp) water. Stand for 3 minutes.		
Pepper	250 g	100 %	4½-5
	Instructions Cut pepper into small slices. Stand for 3 minutes.		
Potatoes	250 g 500 g	100 %	4-5 7-8
	Instructions Weigh the peeled potatoes and cut them into similar sized halves or quarters. Stand for 3 minutes.		
Turnip Cabbage	250 g	100 %	5½-6
	Instructions Cut turnip cabbage into small cubes. Stand for 3 minutes.		
Boiled Yam	350 g	100 %	14-14½
	Instructions Peel and cut yam 3 cm thick and put on pyrex bowl. Add room temperature 250 ml water in bowl. Cook covered with wrap and pierce at several times. After cooking, drain water and serve. Stand for 1-2 minutes.		

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Cooking Guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid – rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Serving Size	Power	Time (min.)
White Rice (Parboiled)	250 g 375 g	100 %	15-16 17½-18½
	Instructions Add 500 ml cold water.(250 g), Add 750 ml cold water.(375 g) Stand for 5 minutes.		
Brown Rice (Parboiled)	250 g 375 g	100 %	20-21 22-23
	Instructions Add 500 ml cold water.(250 g), Add 750 ml cold water.(375 g) Stand for 5 minutes.		
Mixed Rice (Rice + Wild Rice)	250 g	100 %	16-17
	Instructions Add 500 ml cold water. Stand for 5 minutes.		
Mixed Corn (Rice + Grain)	250 g	100 %	17-18
	Instructions Add 400 ml cold water. Stand for 5 minutes.		
Pasta	250 g	100 %	10-11
	Instructions Add 1000 ml hot water. Stand for 5 minutes.		
Instant Noodle	1 Small pack (80 g)	100 %	7-7½
	Instructions Use a glass pyrex bowl. Put the noodle and add room temperature 350 ml water in bowl. Cook covered with wrap and pierce at several times. After cooking, drain water and mix instant noodle spices.		

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 100 % (High) power while others should be reheated using 60 % (Simmer), 50 % (Medium) or even 30 % (Low).
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken – for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

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REHEATING BABY FOOD

BABY FOOD:

Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

BABY MILK:

Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Serving Size	Power	Time (min.)
Drinks (Coffee, Tea and Water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	100 %	1-1½ 2-2½ 3-3½ 3½-4
	Instructions Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well. Stand for 1-2 minutes.		
Soup (Chilled)	250 g 350 g 450 g 550 g	100 %	2½-3 3-3½ 3½-4 4½-5
	Instructions Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving. Stand for 2-3 minutes.		
Stew (Chilled)	350 g	60 %	4½-5½
	Instructions Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 2-3 minutes.		
Pasta with Sauce (Chilled)	350 g	60 %	3½-4½
	Instructions Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving. Stand for 3 minutes.		
Filled Pasta with Sauce (Chilled)	350 g	60 %	4-5
	Instructions Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Stand for 3 minutes.		
Plated Meal (Chilled)	350 g 450 g	60 %	4-6 5-7
	Instructions Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film. Stand for 3 minutes.		
Frozen Meal (Lasagne)	400 g	50 %	16½-17½
	Instructions Pierce film and put the frozen ready meal on turntable. Stand for 3-4 minutes.		

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Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Serving Size	Power	Time
Baby Food (Vegetables + Meat)	190 g	60 %	30 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Stand for 2-3 minutes.		
Baby Porridge (Grain + Milk + Fruit)	190 g	60 %	20 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Stand for 2-3 minutes.		
Baby Milk	100 ml 200 ml	30 %	30-40 sec. 1 min. to 1 min. 10 sec.
	Instructions Stir or shake well and pour into a sterilised glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.		

DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.
Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.
Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint: Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to - 20 °C, use the following table as a guide.

Food	Serving Size	Power	Time (min.)
Meat			
Minced Meat	250 g 500 g	20 %	6-7 9-12
Pork Steaks	250 g	20 %	5-7
	Instructions Place the meat on turntable. Shield thinner edges with aluminium foil. Turn over after half of defrosting time! Stand for 15-30 minutes.		

(continued)

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Food	Serving Size	Power	Time (min.)
Poultry			
Chicken Pieces	500 g (2 pcs)	20 %	14-15
Whole Chicken	1200 g	20 %	32-34
	Instructions First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time! Stand for 15-60 minutes.		
Fish			
Fish Fillets	200 g	20 %	6-7
Whole Fish	400 g	20 %	11-13
	Instructions Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time! Stand for 10-25 minutes.		
Fruit			
Berries	300 g	20 %	6-7
	Instructions Spread fruit on a flat, round glass dish (with a large diameter). Stand for 5-10 minutes.		
Bread			
Bread Rolls (Each ca. 50 g)	2 pcs 4 pcs	20 %	1-1½ 2½-3
Toast/Sandwich	250 g	20 %	4-4½
German Bread (Wheat + Rye Flour)	500 g	20 %	7-9
	Instructions Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time! Stand for 5-20 minutes.		

TIPS AND TRICKS

MELTING CRYSTALLIZED HONEY

Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 30 %, until honey is melted.

MELTING GELATINE

Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 30 %.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)

Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 90 %, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid.
Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 90 %.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids.
Stand on lid for 5 minutes.

COOKING PUDDING/ CUSTARD

Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 90 %.
Stir several times well during cooking.

BROWNING ALMOND SLICES

Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 60 %.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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TROUBLESHOOTING

If you have any of the problems listed below try the solutions given.

This is normal.

- Condensation inside the oven.
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The oven does not start when you press the START button.

- Is the door completely closed?

The food is not cooked at all.

- Have you set the timer correctly and/or pressed the **START** button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked.

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

The light bulb is not working.

- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

Sparking and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

Smoke and bad smell when initial operating.

- It's a temporary condition by new component heating. Smoke and smell will disappear completely after 10 minutes operation.
  To remove smell more quickly, please operate microwave oven with putting lemon formation or lemon juice in the cabinet.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

ERROR CODE

"SE" message indicates.

- Clean the keys and check if there is water on the surface around key.
  Turn off the microwave oven and try setting again.

For any codes not listed above, or if the suggested solution does not solve the problem, contact your local SAMSUNG Customer Care Centre.

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technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	GE0113MB1
Power source	230 V ~ 50 Hz AC
Power consumption Maximum power Microwave Grill	 2900 W 1400 W 1500 W
Output power	100 W / 900 W
Operating frequency	2450 MHz
Dimensions (W x H x D) Outside Oven cavity	 517 x 297 x 400 mm 357 x 255 x 357 mm
Volume	32 liter
Weight Net	 16 kg approx.

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
U.A.E	800-SAMSUNG (800 - 726 7864)	www.samsung.com/ae/support (English) www.samsung.com/ae_ar/support (Arabic)
OMAN	800-SAMSUNG (800 - 726 7864)	
KUWAIT	183-CALL (183-2255)	
BAHRAIN	8000-GSAM (8000-4726)	
QATAR	800-CALL (800-2255)	
EGYPT	08000-726786 16580	www.samsung.com/eg/support
ALGERIA	021 36 11 00	www.samsung.com/n_africa/support
PAKISTAN	0800-Samsung (72678)	www.samsung.com/pk/support
TUNISIA	80-1000-12	www.samsung.com/n_africa/support
JORDAN	0800-22273 06 5777444	www.samsung.com/Levant/support (English)
SYRIA	18252273	
IRAN	021-8255	www.samsung.com/iran/support
MOROCCO	080 100 22 55	www.samsung.com/n_africa/support
SAUDI ARABIA	920021230	www.samsung.com/sa/support www.samsung.com/sa_en/support (English)
TURKEY	444 77 11	www.samsung.com/tr/support
NIGERIA	0800-726-7864	www.samsung.com/africa_en/support
Ghana	0800-10077 0302-200077	
Cote D'Ivoire	8000 0077	www.samsung.com/africa_fr/support
SENEGAL	800-00-0077	
CAMEROON	7095-0077	
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TANZANIA	0800 755 755	
RWANDA	9999	
BURUNDI	200	
DRC	499999	
SUDAN	1969	
SOUTH AFRICA	0860 SAMSUNG (726 7864)	
BOTSWANA	8007260000	
NAMIBIA	08 197 267 864	
ZAMBIA	0211 350370	
MOZAMBIQUE	847267864 / 827267864	

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